

Hypertension (includes Chronic and Pregnancy-Induced) (AK 35-USDA 345)

Explain to Participant	You're enrolled in the WIC program today because of your hypertension (high blood pressure). Women with chronic hypertension are at risk for complications of pregnancy such as pre-eclampsia. Hypertension during pregnancy may lead to low birth weight, fetal growth restriction, and premature delivery.	
Goal	The goal is to promote making good food choices of high nutritional quality to control your hypertension	
Suggestions for Reducing Risk	<p>Follow the recommendations of your health care provider.</p> <p>Explain the nutrition education materials suggested.</p> <p>Refer the participant to a Registered Dietitian (RD).</p> <p>Eat a variety of foods from all the food groups every day.</p> <p>Limit high salt foods like canned or instant soups, Ramen-type noodles, pickles, and chips.</p> <p>Ask your health care provider about exercise.</p> <p>Drink 8 glasses of water every day</p>	
Nutrition Education Material Suggested	Using the Dietary Guidelines For Americans...for good health	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information		